



# Week Eleven

Paleo Recipes

# Copyright

Copyright © 2018 by The Health Coach Group

All Rights Reserved. No part of this program may be reproduced or redistributed in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher.

Published in the United States by:

The Health Coach Group, LLC,  
7601 Military Avenue, Omaha, NE 68134

<http://www.thehealthcoachgroup.com>

Disclaimer: This book contains affiliate links that compensate our company should you make a purchase. The information contained in this book is intended to help readers make informed decisions about their business. It should not be used as a substitute for representation or advice of a professional attorney, banker, insurance agent or accountant. Although the author and publisher have endeavored to ensure that the information provided herein is complete and accurate, they shall not be held responsible for loss or damage of any nature suffered as a result of reliance on any of this book's contents or any errors or omissions herein.

# Breakfast Egg Muffins

## Ingredients

- 1 tablespoon olive oil
- 1 large sweet onion, finely chopped
- 1 green pepper, finely chopped
- 1 red pepper, finely chopped
- 1 jalapeno pepper, finely chopped (optional)
- 12 large eggs, whisked
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt (optional)

## Directions

1. Preheat oven to 350°F
2. Sauté onions in olive oil over medium-high heat for 2-3 minutes. Add peppers and continue cooking for another 2-3 minutes.
3. While onions/peppers are cooking, whisk eggs in large bowl.
4. Once onions/peppers are cooked, remove from heat and let cool for a few minutes. Dump peppers/onions in egg bowl (once cooled) and combine well. Sprinkle in salt & pepper.
5. Coat a large muffin pan with olive oil spray or coconut oil. Using a 1/4 cup measuring cup, fill each muffin cup.
6. Place in oven for 10-15 minutes. Remove once the tops get high, fluffy and golden brown. Pop them out with a butter knife or thin spatula.
7. Serve these by themselves or with salsa, chipotle sauce or guacamole to garnish.

# BREAKFAST

# Orange, Watercress, & Tuna Salad

## Ingredients

- 3 medium oranges
- 1 tablespoon canola oil
- 1 tablespoon rice vinegar
- 1 teaspoon minced crystallized ginger or fresh ginger
- 1/2 teaspoon ground coriander
- 1/2 teaspoon aniseed, chopped or crushed, divided
- 1/2 teaspoon kosher salt, divided
- Pinch of cayenne pepper
- 1-1 1/4 pounds tuna steaks (about 1 inch thick), cut into 4 portions
- 1/4 teaspoon freshly ground pepper
- 1 cup loosely packed tiny watercress sprigs or leaves (3/4-1 inch long)

## Directions

1. Peel oranges with a sharp knife, removing all peel and white pith. Working over a medium bowl, cut the segments from the surrounding membranes and let them drop into the bowl. Squeeze the peels and membranes over the bowl to extract all the juice before discarding them. Gently stir in oil, vinegar, ginger, coriander, 1/4 teaspoon aniseed, 1/4 teaspoon salt and cayenne. Set aside.
2. Position oven rack 5 to 6 inches from the broiler; preheat to high. Cover a broiler pan with foil.
3. Season tuna with the remaining 1/4 teaspoon each aniseed, salt and pepper. Place on the prepared pan. Broil for about 2 minutes per side for medium-rare, 4 minutes per side for medium or to desired doneness.
4. Stir watercress into the orange mixture. Slice the tuna, divide among 4 plates and top with equal portions of the salad. Serve immediately.

LUNCH

# Stuffed Peppers

## Ingredients

- 6-8 sweet bell peppers (green, orange, red or yellow)
- 2 (4 oz.) cans diced green chiles
- 1 pound ground turkey
- 1 cup cilantro, finely chopped
- ½ cup onion, finely chopped
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1 teaspoon Celtic sea salt

## Directions

1. In a medium bowl, mix diced chiles with turkey, cilantro, onion, cumin, chili powder, and salt.
2. Cut tops off peppers and set aside.
3. Place peppers in a 7x11 inch baking dish.
4. Stuff the peppers with the turkey mixture; place tops on peppers
5. Bake at 350° for 1 hour
6. Serve

Serving Size	Calories	Fat	Protein	Sodium
¼ of the recipe	299per serving	6g per serving	26g per serving	407mg per serving

# DINNER